THE BREATH OF REMEMBRANCE

A Simple Daily Practice

Bayt al-Sama

"Remember your Lord within yourself…" (7:205)

Purpose

This practice is not intended to produce visions, ecstasy, or unusual states.

Its purpose is simple:

- to remember Allah,
- to recollect oneself,
- to gather attention,
- to soften the heart,
- to enter stillness.

The value of the practice lies not in extraordinary experiences, but in presence.

"Surely, by the remembrance of Allah, hearts find rest." (13:28)

Foundations

This practice rests upon five Quranic principles:

Remembrance

"Remember your Lord within yourself…" (7:205)

Attention

"Successful are the believers, those who are humble and attentive in their prayer." (23:1-2)

Heart

"They have hearts with which they do not understand…" (7:179)

Silence

"When the Quran is recited, listen to it and be silent…" (7:204)

Return

"Indeed we belong to Allah, and to Him we return." (2:156)

Preparation

Sit comfortably.

Allow the body to become quiet.

Let the breath remain natural.

Nothing needs to be forced.

Nothing needs to be achieved.

Begin with the intention:

"O Allah, guide me to remember You with sincerity."

The In-Breath

Silently say:

[Your Name] Nur

For example: **"Bala Nur."**

Bring gentle awareness to the Sirr, the point between the eyebrows.

This is not self-glorification.

It is recollection.

Remembering oneself before Allah.

Not wandering.

Not absent.

Present.

"Do not be like those who forgot Allah, so He caused them to forget themselves." (59:19)

The Out-Breath

Silently say:

Allah

Allow awareness to descend into the heart.

Do not push.

Do not imagine.

Simply accompany the breath.

Return.

"To Him is the return." (2:28)

The Silence

When the out-breath ends, rest.

Do not rush to the next breath.

Remain in the stillness.

No words.

No effort.

No seeking.

Listen.

Be present.

"Listen to it and be silent, that mercy may be shown to you." (7:204)

The Manner

Say the words with presence.

Not mechanically.

One attentive breath is better than a hundred distracted breaths.

The aim is sincerity, not quantity.

The aim is remembrance, not achievement.

Possible Experiences

At times the mind becomes quiet.

The body may feel lighter.

The sense of boundaries may recede.

Profound stillness may arise.

Receive whatever comes with gratitude.

Seek nothing.

Hold onto nothing.

Return always to remembrance.

The experience is not the destination.

Allah is the destination.

Daily Rhythm

Morning

10–20 minutes before beginning the day.

Evening

10–20 minutes before sleep.

During the Day

Pause.

Take one conscious breath.

"[Your Name] Nur."

"Allah."

Return.

Group Practice

Begin with silence.

Each person uses their own name.

No one teaches.

No one leads inwardly.

No one interprets the experiences of others.

Sit together.

Breathe together.

Remember together.

After the practice, allow space for quiet reflection.

Speak little.

Listen much.

The Spirit

This practice is one of simplicity.

Not performance.

Not spiritual ambition.

Not seeking states.

Not collecting experiences.

Its aspiration is only this:

To come to Allah with a sound heart.

"When he came to his Lord with a sound heart." (37:84)

"Remember your Lord within yourself…" (7:205)

Until remembrance becomes stillness,

and stillness becomes gratitude,

and gratitude becomes a way of living.

— Bayt al-Sama